



Town of Chatham
Department of
Natural Resources



Health
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Conservation
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Coastal Resources
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Coronavirus (COVID-2019) Advisory Information
March 12, 2020

The Health Division and Board of Health are closely monitoring the COVID-19 outbreak in Massachusetts and throughout the United States. We will review and post the most up-to-date information from dependable sources to keep you informed (<https://www.chatham-ma.gov/home/pages/covid-19-coronavirus-information>).

The Health Division, in conjunction with the Emergency Management Committee, is monitoring guidance from the MA Department of Public Health and CDC for the latest information. We are working closely with the Barnstable County Department of Health and Environment and Regional Emergency Management Committee. These planning groups consist of representatives from local Boards of Health, Barnstable County Health, Public Safety, and local health care, including hospitals and long-term care facilities.

We recommend visiting these websites for up to date, reliable information:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.mass.gov/guides/information-on-the-outbreak-of-2019-novel-coronavirus-covid-19>

As of this writing, Massachusetts has 6 confirmed case and 89 presumptive cases of COVID-19. There are currently no cases in Chatham or Barnstable County.

Higher risk individuals (including older adults, anyone with underlying health conditions or weakened immune system, and pregnant women) should avoid large gatherings. The Town cancelled Advisory Committee meetings until further notice to limit citizens exposure to the virus. We also ask that you limit your attendance at Regulatory/Legislative Boards and Committee meetings whenever possible. See the Town website for more details. The Town cancelled or recommended cancelling large gatherings scheduled at the Community Center or Council on Aging.

Please remember these basic precautions to stay healthy:

- Frequent handwashing, for 20 seconds with soap and hot water.
- Clean and disinfect frequently touched objects and surfaces.
- Cough hygiene – into a tissue when possible (throw it away immediately) or into your elbow if necessary.
- Avoid touching your eyes, mouth, or nose with unwashed hands.
- Avoid contact with those who are ill.

- Stay home yourself from work or school when ill.

We continue to have a supply of seasonal flu vaccine available. It is not too late to get a flu shot. Please contact the Health Department at 508 945-5165 to arrange for a flu shot with the VNA of Cape Cod.

Judith Giorgio, R.S. M.P.H.
Health Agent
and
Chatham Board of Health